

Read and Write

Congratulations, you've finished Week One of Chapter One - Discover your Life!

Time to read your words aloud to yourself. Remember the reading-guidelines mentioned in the Introduction & Guidelines section.

Afterwards, write below what the words evoke in you:

Exercise 1: Self-Portrait

When I read my words out loud I feel...

Exercise 2: Observing the Room

When I read my words out loud I feel...

Exercise 3: Observing Yourself

When I read my words out loud I feel...

Resume

These writing assignments unleashed this in me...



Clairsentience actually means clear feelings. It is the ability to feel the present, past, and future. It is connected to having high levels of intuition. The feeling is often also known as gut feeling. The literal meaning of the term 'clairsentient' is 'clear-feeling.' This means that a person can sense energy and feel the emotions without physical senses.